



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 11244, Lambsquarters, raw

Report Date: August 28, 2017 13:21 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water	g	84.30	--	--
Energy	kcal	43	--	--
Energy	kJ	180	--	--
Protein	g	4.20	--	--
Total lipid (fat)	g	0.80	--	--
Ash	g	3.40	--	--
Carbohydrate, by difference	g	7.30	--	--
Fiber, total dietary	g	4.0	--	--
Minerals				
Calcium, Ca	mg	309	--	--
Iron, Fe	mg	1.20	--	--
Magnesium, Mg	mg	34	--	--
Phosphorus, P	mg	72	--	--
Potassium, K	mg	452	--	--
Sodium, Na	mg	43	--	--
Zinc, Zn	mg	0.44	--	--
Copper, Cu	mg	0.293	--	--
Manganese, Mn	mg	0.782	--	--
Selenium, Se	µg	0.9	--	--
Vitamins				
Vitamin C, total ascorbic acid	mg	80.0	--	--
Thiamin	mg	0.160	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Riboflavin	mg	0.440	--	--
Niacin	mg	1.200	--	--
Pantothenic acid	mg	0.092	--	--
Vitamin B-6	mg	0.274	--	--
Folate, total	µg	30	--	--
Folic acid	µg	0	--	--
Folate, food	µg	30	--	--
Folate, DFE	µg	30	--	--
Vitamin B-12	µg	0.00	--	--
Vitamin A, RAE	µg	580	--	--
Retinol	µg	0	--	--
Vitamin A, IU	IU	11600	--	--
Vitamin D (D2 + D3)	µg	0.0	--	--
Vitamin D	IU	0	--	--
Lipids				
Fatty acids, total saturated	g	0.059	--	--
14:0	g	0.002	--	--
16:0	g	0.047	--	--
18:0	g	0.005	--	--
Fatty acids, total monounsaturated	g	0.150	--	--
16:1 undifferentiated	g	0.002	--	--
18:1 undifferentiated	g	0.115	--	--
20:1	g	0.013	--	--
22:1 undifferentiated	g	0.020	--	--
Fatty acids, total polyunsaturated	g	0.351	--	--
18:2 undifferentiated	g	0.313	--	--
18:3 undifferentiated	g	0.036	--	--
20:4 undifferentiated	g	0.002	--	--
Fatty acids, total trans	g	0.000	--	--
Cholesterol	mg	0	--	--
Amino Acids				
Tryptophan	g	0.038	2	--
Threonine	g	0.163	2	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Isoleucine	g	0.253	2	--
Leucine	g	0.350	2	--
Lysine	g	0.354	3	--
Methionine	g	0.049	3	--
Cystine	g	0.089	1	--
Phenylalanine	g	0.166	2	--
Tyrosine	g	0.175	1	--
Valine	g	0.226	2	--
Arginine	g	0.253	1	--
Histidine	g	0.116	1	--
Alanine	g	0.322	1	--
Aspartic acid	g	0.431	1	--
Glutamic acid	g	0.521	1	--
Glycine	g	0.249	1	--
Proline	g	0.223	1	--
Serine	g	0.200	1	--
Other				